Kishwaukee Family YMCA

SUMMER 2017 PROGRAM GUIDE

SESSION DATES

Summer: June 26-August 20

Swim Lesson Session

Summer: June 26-August 13

2500 W. Bethany Rd. Sycamore, IL 60178

815.756.9577 www.kishymca.org

the YMCA®

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO THE Y

Throughout DeKalb County, countless people know the Y. But there's so much more to our Y than one might think.

From exercise to education, from volleyball to volunteerism, from preschool to preventive health, the Y doesn't just strengthen our bodies. It strengthens our community.

The Y is so much more than a gym. It's a cause, dedicated to youth development, healthy living and social responsibility. For over 150 years, we've been proud to help our neighbors learn, grow and thrive. Yet we're called to do so much more. DeKalb County faces challenges that create a greater need than ever for the work we do every day. Fortunately, where some see obstacles, we see opportunities for our members, volunteers and staff to make a difference.

- Together, we will: Teach skills and values that help create a path to success for kids and teens.
- Inspire people of all ages to play, be active, and maintain a healthy lifestyle.
- Engage in work that fosters an inclusive, collaborative, proactive approach in addressing community needs.

But we need your philanthropic support to make it happen.

Every gift makes a difference. Everyone has a role to play. Together, we can achieve so much more. Give today. Contact Debbie Madeley, Development Director at 815.756.9577 or dmadeley@kishymca.org to join our cause!

Membership For All

We believe everyone deserves a Y, so the Kishwaukee Family YMCA offers financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Ask a staff member about financial assistance. It's easy to apply and the Y does everything it can to make the Y a place for all.

SAVE THE DATE: APRIL 29, 2017

HEALTHY KIDS DAY AND FIT FEST

9AM-NOON

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER

2017 Summer Day Camp

Kishwaukee Family YMCA
2500 W. Bethany Rd. Sycamore, IL 60178 | 815.756.9577 | www.kishymca.org

BEST. SUMMER. EVER.

While at the Y, campers will participate in activities that promote a sense of achievement and belonging. Through field trips, group activities and games, campers will explore, get messy and experience new and exciting things! They will build camp traditions with opening and closing ceremonies, build friendships with new campers and reunite with old friends.

CAMP INFO

Hours: 7:00am-6:00pm
Dates: May 25- August 22

Age Groups:
K-1st Grade: Children entering Kindergarten or 1st Grade

2nd-3rd Grade: Children entering 2nd or 3rd Grade

4th-6th Grade: Children entering 4th through 6th Grade

7th & 9th Grade: Children entering 7th through 9th Grade

CAMP FEES

Weekly:	$145/week*
Daily:	$32/day*

*There is a $25 registration fee and a $10 deposit for each week or $2 deposit for each day is due at registration. There will be a nominal Summer Youth Membership Fee for non-members of $50 or choose to upgrade to a Summer Family Membership and pay $99. Summer memberships run June-August.

*Not sponsored by Dist. #427

CAMP WEEKS & THEMES

WEEK 1: May 25- May 26	Summer's Here
WEEK 2: May 30-June 2	Let the Games Begin
WEEK 3: June 5-June 9	Hawaiian Hullabaloo
WEEK 4: June 12-June 16	Big Bang Theory
WEEK 5: June 19-June 23	Beach Party
WEEK 6: June 26-June 30	World Series of Camp
WEEK 7: July 3-July 7	Stars and Stripes
WEEK 8: July 10-July 14	Time Travel
WEEK 9: July 17-July 21	Gettin' Dirty
WEEK 10: July 24-July 28	Express Yourself
WEEK 11: July 31-August 4	Swimming Superheroes
WEEK 12: August 7-August 11	Camp Mash-Up
WEEK 13: August 14- August 18	Summer Splash
WEEK 14: August 21- August 22	Camp Throwdown

PRESCHOOL CAMP 3-5 YEARS

Summer Camp is fun for the little ones! This half-day camp is designed specifically for preschoolers. Children participate in hands-on learning experiences along with all the fun of camp! Activities include arts & crafts, games, songs, music and nature.

Dates: May 30-August 18 Hours: 9:00am-12:00pm

Registration Fee: $25
M/W/F: $35/week* T/TH: $25/week*

A $5 deposit for the each MWF & TH session will be due at the time of registration. There will be a nominal Summer Youth Membership Fee for non-members of $50 or choose to upgrade to a Summer Family Membership and pay $99. Summer Memberships run June - August.

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child and Teen

2017-2018 SCHOOL YEAR

Tadpoles Preschool
(For children 2 1/2-3 1/2 years of age)
Our teachers will welcome your child in a warm, safe and caring environment. Our values-based program will help young children learn essential social, physical and intellectual building blocks. Using a wide range of activities to stimulate your child's creativity, self-esteem and independence

Tuesday/Thursday 9:00-10:30am

Member Fee: $495/year or $55/month
Program Participant: $990/year or $110/month

Caterpillars Preschool
(For children who are 3-4 years)
You may choose to add Art, Music, Swimming and Sports, to extend your child's experience.

Healthy child development starts early. That's why we offer preschool programs that help children learn the essential skills they need later in life. Our trained, supportive staff work to help everyone have the best possible start in their education and to be able to arrive at their first day of Kindergarten ready to learn.

Monday/Wednesday/Friday 9:00-10:30am

Member Fee: $585/year or $65/month
Program Participant: $1,170/year or $130/month

-add Art, Music, Swimming and Sports for additional fee

Monday/Wednesday/Friday 10:30 am-12:00pm

Member Fee: $585/year or $65/month
Program Participant: $1,170/year or $130/month

Leap Frog Preschool
(For children 3 1/2-4 1/2 years of age)
Leap Frog Participants MUST ALSO ENROLL in Swimming and Sports.Children watch and absorb knowledge, skills and values from everything and everyone around them. At the Y, we believe the values and skills learned early in life are vital building blocks for quality of life and future success. That's why our preschool programs are staffed with people who understand the cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things.

Tuesday/Thursday 9:00-11:00 am

-add Swimming and Sports

Tuesday/Thursday 11:00am-12:00pm

Member Fee: $900/year or $100/month
Program Participant: $1,800/year or $200/month

Butterflies Preschool
(For children who are 4-5 years)
Butterfly participants MUST ALSO ENROLL in Music, Swimming and Sports. Our preschool programs focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, and trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

Monday/Wednesday/Friday 9:00-10:30 am

-add Music, Swimming and Sports

Monday/Wednesday/Friday 10:30am-12:00pm

Member Fee: $1,170/year or $130/month
Program Participant: $2,340/year or $260/month

YMCA Before and Afterschool Program
Afterschool at the Y engages kids in physically active, learning and imaginative activities that encourage exploration of who they are and what they can achieve. In addition to supplementing what they have learned in school, they participate in interactive learning that help build healthy habits, active lifestyles and continued learning. Students get assistance with their homework from trained Y staff, form long-lasting friendships that enhance their development and growth and learn skills that can build self confidence.

The YMCA has partnered with the DeKalb School Districts to offer after school care for youth in grades K - 5. A variety of activities are provided by the YMCA on site at the schools. By combining the strengths of our organizations, our youth benefit through a fun, well-rounded program that will keep them both mentally and physically healthy.

District #428 please contact: Lesley Feyerherm 815.756.9577 ext 13 or lfeyerherm@kishymca.org;

Sycamore Students: For more information contact the Sycamore Middle School OSCAR PRrogram at 815-899-8123.

Corsairs Youth Roller Hockey

6U, 8U/Mini Mite, Mite (beginning developmental)**

April 3rd - May 20th

The beginning levels of the Corsairs Hockey Organization are for the relatively new hockey player with limited or no experience.

The 6U and 8U levels are designed for the novice player who is new to both skating and the game of hockey. This level focuses on the physical basics of skating (forward, backward, turning, and stopping), basic stick/puck handling, passing, and shooting. The program is intended to help the new player develop the basic hockey foundational skills to play and compete in organized and structured hockey team environment.

Session Dates:	April 3rd - May 20th
Practice Days and Times:	Thursdays 6:00pm-7:00pm

Member Fee:	$47	Member Fee, including custom jerseys:	$127
Program Participant Fee: (Jerseys already purchased)	$83	Program Participant Fee, including custom jerseys: (Jerseys are required)	$163

10U, 12U/Squirts, Peewee (intermediate)**

April 6th - May 20th

The intermediate levels of the Corsairs Hockey Organization are for the player who has progressed past the basics of hockey skills and is ready to further enhance their skill sets in the sport. (Beginning developmental level skills are highly recommended or upon coaches assessment)

The 10U and 12U levels are designed for the intermediate player who has a solid foundation for skating and a decent understanding of the game of hockey. The program is intended to help the continuing player refine their skating, stick/puck handling, and shooting skills while continuing to learn more details about the game in a structured hockey team environment.

Session Dates:	April 6th - May 20th
Practice Days and Times:	Mondays 7:00-8:00pm

Member Fee:	$47	Member Fee, including custom jerseys	$127
Program Participant Fee: (Jerseys already purchased)	$83	Program Participant Fee, including custom jerseys (Jerseys are required)	$163

14U, 16U/Bantam, Midget (experienced)***

The experienced levels of the Corsairs Hockey Organization are for the player that has a good foundation of hockey skills set and solid grasp on the details of the game (Beginning and Intermediate skills are required or upon coaches assessment)

The 14U and 16U levels are for the experienced player who is able to learn advanced drills and hockey techniques as well as play at a competitive level. Players are evaluated and split into teams for the session. Aside from physical skills; a focus is put on developing team dynamics, communication, and leadership to enhance the players as they continue through their hockey career.

Session Dates:	April 6th - May 20th
Practice Days and Times:	Thursdays 7:00-8:00pm

Member Fee:	$47	Member Fee, including custom jerseys	$127
Program Participant Fee: (Jerseys already purchased)	$83	Program Participant Fee, including custom jerseys (Jerseys are required)	$163

Each level requires a two-hour weekly time commitment, consisting of one day of skill development training and one day of games. The games are intended to give the player the opportunity to take newly developed skills into a competitive atmosphere.

**The 6U, 8U, 10U, and 12U levels are a "house" program, which means all games are held at the Kishwaukee Family YMCA and will only include players within the Corsairs program.

***The 14U - 16U levels are played as mainly a house league within the Corsairs program. However, exhibition games against other roller hockey programs may be scheduled, too.

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child and Teen

Kid Power (Ages 5-7)

A child-centered class designed to instill confidence in children, empower them to find their voices to advocate for themselves, as well as protect and defend themselves using logic and reasoning first, or karate as a last resort. We use games, skits, and positive-behavior homework, and self-defense skills together to create a fun and important class for your child. Come join us!

Beginners:

Tuesdays	5:45-6:30pm
Member Fee:	$34
Program Participant:	$45

Advanced:

Tuesdays	6:40-7:30pm
Member Fee:	$34
Program Participant:	$45

Youth Martial Arts (Ages 8-12)

Participants in the Y's martial arts program will learn Isshin-ryu Karate and Lung Chi Chuan Fa Kung-fu in a structured and goal centered environment. Students develop self-confidence, personal discipline, pride, respect for themselves and others, and strategies for self-improvement. Practice of these martial arts improves strength, flexibility, physical conditioning, concentration, coordination, balance, speed, timing, reflexes, and body control.

Beginners - Orange Belts

Thursday	5:45-6:30pm

Green- Black Belts

Thursday	6:40-7:30pm
Member Fee:	$38
Program Participant:	$50

Building Strong Kids (Ages 10-14)

For children ages 10-14 who want to start a healthier lifestyle and have fun! Includes active games, strength training and conditioning. Not only will kids get healthy but they'll build confidence. They will learn proper exercise techniques while having fun with other kids. This class will meet in the Multi-Purpose Room.

Friday	11:15am-12:00pm
Member Fee:	$21
Program Participant:	$42

NEW! Youth TRX Suspension Training

TRX is one of the most popular and unique training tools because it uses your own bodyweight and gravity to build strength, balance, and flexibility while being very "easy on the joints." Work on your pull ups, push-ups, squats and planks while building a strong core in the process. Quick, minor adjustments can make movements easier or more challenging, making it an excellent option for all fitness levels.

30 Minute Classes

Tuesday (Youth Only)	10:00am-10:30am
Thursday (Youth only)	10:00am-10:30am
Member Fee:	$35
Program Participant:	$70

the YMCA

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Kishwaukee Family YMCA

PEDALING FOR PARKINSON'S

Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace – optimally, 80-90 revolutions per minute. Limited space available in class. Other classes may be added based off of interest.

WHEN: **Monday/Wednesday/Friday**
May 1 - June 25, 2017
June 26- August 20, 2017

TIME: **1:30-2:30pm**

COST: **FREE** (Must present doctors referral before start of first class)

LOCATION: **Kishwaukee Family YMCA**
2500 W. Bethany Rd.
Sycamore, IL 60178

For questions please contact:

Cami Loving
Healthy Living Director
camil@kishymca.org /815.756.9577

Dave Dick
Program Executive
daved@kishymca.org / 815.756.9577

Program Overview

Parent/Child 6 mos. –3 yrs. Stages A–B

Preschool 3–5 yrs. Stages 1–4

School Age 6–12 yrs. Stages 1–6

Teen & Adult 12+ yrs. Stages 1–6

School Age (6-12 years), Teen & Adult (12+ years)

Parent/Child (6 mo.-3 years)

Preschool (Age 3-5 years) Stage 1-4

SWIM STARTERS

Parent* & child lessons

STAGE A Water Discovery

Introduces infants and toddlers to the aquatic environment

STAGE B Water Exploration

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

STAGE 1 Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

STAGE 2 Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently

STAGE 3 Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages

Outcomes

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

SWIM STROKES

Skills to support a healthy lifestyle

STAGE 4 Stroke Introduction

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

STAGE 5 Stroke Development

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

STAGE 6 Stroke Mechanics

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

DEKALB COUNTY SWIM TEAM

Competition

The mission of DCST is to foster children's enjoyment of swimming as a life-long activity and sport by promoting individual skill improvement and achievement of personal goals through participation with other children within a framework of fun and friendship.

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Summer: June 26 – August 12

No Class on the 4th of July

Registration Dates:
Member: 5/29
Program Participant: 6/5

Member: $50
Program Participant: $100

		Parent/ Child Swim Lessons (6 months- 3 years)		Preschool Swim Lessons (Age 3-5 years)				School Age Swim Lessons (Age 6-12 years)						Teen Swim Lessons (Age 12-15 years)		Adult Swim Lessons (Age 16 and up)	
		Stage A	**Stage B**	**Stage 1**	**Stage 2**	**Stage 3**	**Stage 4**	**Stage 1**	**Stage 2**	**Stage 3**	**Stage 4**	**Stage 5**	**Stage 6**	**Stage 1-3**	**Stage 4-6**	**Stage 1-3**	**Stage 4-6**
Mon	4:45 - 5:25	X		X	X				X								
	5:30 - 6:10		X		X	X		X									
	6:15 - 6:55						X					X	X				X
	7:00 - 7:45						X			X	X				X		
Tues	9:30 - 10:10	X			X				X	X							
	10:15 - 11:00					X	X					X				X	
	3:15 - 4:00	**Camp Lessons - Sign up through Summer Camp**															
	4:00 - 4:40			X	X			X		X							
	4:45 - 5:25	X		X					X		X						
	5:30 - 6:10					X	X					X					X
	6:15 - 6:55												X	X			
Wed	4:45 - 5:25				X	X		X	X								
	5:30 - 6:10									X	X	X			X		
	6:15 - 6:55												X			X	
Thurs	9:30 - 10:10			X		X		X	X								
	10:15 - 11:00		X				X			X			X				
	4:45 - 5:25			X	X			X		X							
	5:30 - 6:10					X			X		X	X					
	6:15 - 6:55												X				X
Fri	11:00 - 11:40			X		X											
	11:45 - 12:30				X		X										
	3:15 - 4:00	**Camp Lessons - Sign up through Summer Camp**															
	4:00 - 4:40			X		X			X		X						
	4:45 - 5:30						X			X		X	X				
Sat	8:00 - 8:40													X		X	
	8:45 - 9:25	X		X				X		X							
	9:30 - 10:10				X	X		X	X								
	10:15 - 10:55		X			X						X	X				
	11:00 - 11:40						X			X	X				X		

AMERICAN RED CROSS LIFEGUARDING COURSE

Build responsibility and skills for life by becoming a certified Red Cross lifeguard. Upon completion of the course, participants will be certified in Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years of age before the end of the course.

Course Dates:
April 22, 23 & 29, 30
May 13, 14 & 20, 21
June 10, 11 & 17, 18
August 5,6 & 12, 13
October 7, 8 & 14, 15

- 10:00am-4:00pm each day

December 27, 28 & 29

- 9am-5pm each day

Member Fee: $225
Program Particpant Fee: $300

Recertifiation Course Dates:
April 29 & 30
May 20,& 21
June 17 & 18
August 12 & 13
October 14 & 15

10:00am-4:00pm each day

December 28 & 29

1pm-5pm on Dec. 28
9am-5pm on Dec. 29

Member Fee: $112.50
Program Particpant Fee: $150

All participants need to pass the swimming requirements prior to the class. In order to prove you can do the prerequisite skills, participants must contact the Kishwaukee YMCA's Lifeguard Coordinator, Dave Epert at (815) 756-9577 x26 or depert@kishymca.org, prior to the class to set-up a time to perform the skills.

The prerequisite skills are as follows:
1. Swim 300 yard continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
- Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
- Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
-Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

Private Swim Lessons

7 Lessons for 30 min. each

Member Fee: $200
Program Participant: $400

4 Lessons for 30 min. each

Member Fee: $135
Program Participant $270

Semi-Private Swim Lessons (Group of 2)

7 Lessons for 30 min. each
Member Fee: $330/group
Program Participant: $660/group

4 Lessons for 30 min. each
Member Fee: $225/group
Program Participant $450/group

DCST Competitive Private Swim Lessons

7 Lessons for 30 min. each

Member Fee: $200
Program Participant: $400

4 Lessons for 30 min. each

Member Fee: $135
Program Participant $270

DeKalb County Swim Team (DCST)

Stroke Clinic **April 11th-April 27th**

Returning swimmers 8 and younger and new swimmers 12 and younger.

Tuedsay/Thursday 6:00-7:00pm

Returning swimmers 9 and older and new swimmers 13 and older

Tuesday/Thursday 7:00-8:00pm

Member Fee: $35
Non-Member Fee: $55

Rookie Week (Monday, May 1st- Friday, May 5th)

Monday-Thursday will be practice. 6:00-7:00pm for 8 and under. 6:00-7:30pm for 9 and older.
Friday is a mock meet. Warm-ups: 6:00-6:30pm Meet: 6:30-7:30pm

Member Fee: $25
Non-Member Fee: $25

Informational Meeting for Parents

For parents of all new swimmers or those interested in joining DCST. If you cannot attend this meeting please call Guy Gniotczynski at 815-414-9622 or email guyg@kishymca.org and information will be sent to you.

Tuesday, April 25th 6:10pm

ROLLER SKATING

Show off your roller skating skills at our roller rink! Fun for the whole family, all skill levels welcome! Open to YMCA members and non-members! We have skates for rent!

We will be accepting cash only for admission and skate rentals. Please enter through Door D on Saturday nights. All purchases can be made in the Sports Center. Children under the age of 10 must be accompanied by an adult 16 or older.

DAY	TIME	ADMISSION FEE	SKATE RENTAL
Wednesday	4:00pm-6:00pm	FREE for Members/ $3 for Non-Members	$2 Skate Rental
Saturday	6:30pm-10:00pm	$5 for Members and Non-Members	$2 Skate Rental

END OF SCHOOL SKATE PARTY!

Saturday, May 27 6:30-10:00pm

Grab your friends and family for a skate date. Let's get together to celebrate the beginning of summer!

We will have pizza and drinks available for purchase:
$1 for slice of pizza. $1 for water bottles or mini sports drinks.
$5 Admission for Members and Non-Members $2 Skate Rental

May 27th will be the last day of our rollerskating season.
We will resume with our regular schedule in the fall.

Kishwaukee Family YMCA
2500 W. Bethany Rd. Sycamore, IL 60178 815.756.9577 www.kishymca.org

HEALTHY LIVING

Improving the Nation's Health Well-being

NEW! Know Your Fitness Numbers

- 1st Tuesday of each Month at 8am-9am, 11am-12pm, 5pm-6pm
- Numbers You will get to know:

Resting Heart Rate, Heart Rate Zones, Weight, Body Fat Percentage, BMI & Basal Metabolic Rate

Member Success Meetings

A 30 minute meeting with a Wellness Professional to discuss your goals and match you with the Y programs and services that can best help you to attain them. You will be given a menu of wellness options from which to choose, including many of the following programs. Please contact the Healthy Living Director to schedule your free MSM!

NEW! Y-Fit Talks

Have you been a member for some time but still have some burning questions related to equipment and exercise in the Wellness Center? We've got just what you need! Join certified personal trainers for a guided Exercise Education Talk. Come with questions, we are here to help.

1st Thursday of each Month (January-May)
(Jan. 5, Feb. 2, Mar 2, Apr. 6 & May 4)

10am-11am & 5pm-6pm

Personal Training at the Kishwaukee Family YMCA works!

Here are recent results/comments of some of our clients:

A woman in her 30's reported going from a size 8 to a size 4.

A woman in her 50's reported reducing her total cholesterol from 245 to 161.

A woman in her 50's reported that her doctor no longer deemed her a candidate for back surgery.

A man in his 30's lost over 90 pounds.

A teenage DCST swimmer cut 30 seconds off her time.

A woman in her 40's stated she ran 3.5 miles in 43 minutes and just a year ago the thought of running a mile was so far out of reach that thinking about it overwhelmed her.

One hundred percent of our clients responded in a recent survey that they would recommend their trainer to others.

Our trainers can help you no matter what your age, fitness level or goal. They have experience working with clients of all ages and fitness levels. And we have a wide variety of training and payment options designed to fit any budget. Contact the Healthy Living Director today to find out how your goals can be reached with the help of a YMCA personal trainer!

Small Group Wellness Center Orientations

Age: 16 – Adult
The YMCA offers complimentary orientations to the equipment in the Wellness Center. YMCA fitness staff will introduce you to a wide variety of equipment.

Fee: Free for Members
Appointments are available the following days and times:

- Wednesday 10:00am-10:45am
- Thursday 6:00pm-6:45pm
- Saturday 11:00am-11:45am

These time slots are intended to be for small groups and will be taken on a first-come, first-served basis (no appointment necessary). Please arrive at the entrance of our Wellness Center at the beginning of the times listed above.

Teen Wellness Center Orientation

The Teen Strength Certification program is designed to introduce teenagers to basic strength training and carido equipment. This program will focus on exercise safety and injury prevention. Upon successful completion of this program, participants will be certified to use the Wellness Center.
Age: 12-15 years
Fee: Free for YMCA members

Group appointments are available the following days and times:

- Wednesday 10:00am-10:45am
- Thursday 6:00pm-6:45pm
- Saturday 11:00am-11:45am

These time slots are intended to be for small groups and will be taken on a first-come, first-served basis (no appointment necessary). Please arrive at the entrance of our Wellness Center at the beginning of the times listed above.

Fitness Assessment

Please contact the Healthy Living Director to set up an appointment.

Member Fee:	$26
Program Participant:	$47

Indo-Row

Indo-Row® is designed specifically for first-time rowers, no experience is necessary. Indo-Rowers burn calories, sculpt muscle and enjoy a fun interval workout in a uniquely motivating, team-oriented fitness environment.

Monday	5:30am
Tuesday	8:00am
Tuesday	10:00am
Tuesday	7:45pm
Wednesday	5:30am
Wednesday	9:30am
Thursday	8:00am
Thursday	7:45pm
Saturday	7:45am

Member Fee:	$47
Program Participant:	$92

Non-Member Group Exercise Punch Card

10 classes	$90

TRX Suspension Training

30 Minute Classes

Monday	10:10am-10:40am
Tuesdays	5:30am-6:00am
Tuesday (Youth Only)	10:00am-10:30am
Wednesday	10:10am-10:40am
Thursday (Youth only)	10:00am-10:30am
Thursdays	5:30am-6:00am

Member Fee:	$40
Program Participant:	$80

45 Minute Classes

Tuesday	7:00pm-7:45pm
Thursday	7:00am-7:45pm

Member Fee:	$47
Program Participant:	$92

Beginning Ballet for Adults

This class is designed for adults who wish to learn the principals of classical ballet from the very beginning. The class helps adults to improve their posture, coordination, muscle tone, and flexibility. This class is open to adults of all ages and no previous dance experience is necessary.

Session Dates:	June 26-August 20 (No class on July 4th)
Tuesdays	4:00-4:55pm

Member Fee:	$14
Program Participant:	$27

Small Group Personal Training

Small Group Personal Training is a cost-effective personal training option that lets you work with a certified personal trainer as part of a group of three to five training partners. A great way to get connected and stay motivated! Please schedule a Member Success Meeting at the Front Desk to determine whether this program is right for you.

Taste of Tai Chi

Tai chi is a softer martial art with roots in kung-fu. The flowing and graceful movements of tai chi can reduce stress and anxiety, improve balance and body control, increase the feeling of peace and well being, promote health and healing, and be used as a means of self-defense. Learn the breathing, movement, and philosophy of tai chi and begin to practice this ancient art form of "MEDITATION IN MOTION".

Tuesday	4:45pm-5:35pm
Meeting Days:	June 27, July 11 & July 18

Member Fee:	$5
Program Participant:	$8

Women's Self-Defence Class

Be aware! Be empowered! Be safe! Be in this class! Identifying and avoiding dangerous situations and making safe choices will be discussed. Participants will learn how to use karate and Kung-fu techniques and objects in their environment as weapons to stop an attack. "Be the Victor Not the Victim" handout and video will be presented. All females are invited. Girls under 13 should be accompanied by an adult female. Participants may participate in the class activities at their comfort level.

Session Dates:	July 24-August 20
Tuesdays	4:45pm-5:35pm

Member Fee:	$25
Program Participant:	$50

FREE GROUP EXERCISE CLASS DESCRIPTIONS

(See online or printed schedule for class days a times)
All Free Group Exercises classes are underwritten by KishHealth System now part of Northwestern Medicine.

Beginners Yoga/Pilates: Relax while developing a stronger mind, spirit, and body regardless of fitness level. Stretch, strengthen, relax, and calm yourself in a stress-free environment.

Boot Camp: Maximize your workout with strength training, HIIT, cardio, and even learn some of the newest fitness exercises in a fun group setting!!

Challenge Group: Build confidence and relationships as you build strength in this straight-to-the-point resistance training class. There's no choreography to learn, but you will use weights, bars, bands and balls. Join us for the challenge and find out how much fun hard work can be!

Circuit Training: Move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include strength machines, weights, running in place, stability balls, etc. Class may be modified for all levels of fitness.

Core: A strong core, from your shoulders to your hips, will improve your athletic performance, prevent back pain and give you a strong midsection! Motivating instructors and music will coach you through functional and integrated exercises using your body weight, and weight plates, - all to challenge you like never before.

Enhanced Fitness - For Seniors: -combines the key components of fitness: strength training, cardiovascular, flexibility and balance. Classes begin with warm-up, followed by work with light, soft weights, a cardio session and finish with cool down & stretching

eXtreme Boot Camp: This class will help you reach your goals whether you need to kick start your fitness or just add something new to your current training. All of our activities are designed to make you strong, healthier, and more physically fit. Program incorporates a variety of strength activities, circuit training, intervals, and boot camp type training. Must be HS age or older. Indoors and out.

Group Active: Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility. All in a supportive group environment, with motivating music and caring instructors. Get more out of life!

Group Power: Your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

Group Ride: The "ride" consists of nine tracks that make use of different terrains, speeds, and intensity levels to create a fun and highly effective, interval-based cardiovascular workout.

H.I.I.T.: High Intensity Interval Training can increase fitness and maximize fat loss in a short amount of time. High intensity cardio bursts alternated with lower intensity resistance training sets. Modifications for all fitness levels are provided.

Have a Ball: Exercising with a stability ball will improve balance, muscular strength, and mobility while providing a challenging and fun workout. Have a ball!

Hula Hoop: Join us for an exciting, fun new workout! Hula Hooping is great for the abs, enhances cardio fitness, motivates the digestive tract, helps us put play back in our lives and gets your groove back! Great family activity! Open to anyone from age 7 to adult!

Power Yoga: A historical wellness system that revitalizes the complete body. This class is for all ages and abilities. This class will focus on Yoga style movements to increase strength, flexibility and internal awareness. In Yoga, it's not where you start, it's the journey!

Pilates: Use Pilates and yoga based stretches, poses, and breathing to strengthen and tone muscles, improve posture, relaxation, flexibility and balance. Pilates has been defined as movement flowing outward from a strong center focusing on using slow, controlled movements to condition the body, reduce stress and boost energy.

Strength and Balance (for those with limited mobility): Studies show it is never too late to build muscle strength and endurance to help accomplish daily tasks, improve balance, lose weight and increase flexibility. Use of bands, tubes, weights, balls and chairs will be included depended on participants needs. Developed with Northern Ill U.

Silver Sneakers: A little quicker paced than Senior Strength. Use of bands, tubes, and small weights to music. Developed with Silver Sneakers. Must be 65 years old.

Silver Sneakers Yoga: Heathway's older adult class that specifically targets flexibility, range of movement, balance and mind, body integration. Exercises are done standing or in a chair. No floor work. Shoes are worn.

Spin: An indoor cycling class that is fun and energizing, while creating a sense of community and a shared purpose to bring health and cardiovascular fitness. Motivating music will empower you to push yourself to the next level.

Step and Strengthen: Reduce stress, increase strength and improve your balance and coordination. Let the music move you and join our friendly, supportive group in this class that combines traditional step and strength training moves.

Stretch and Flexibilty: Work on head to toe flexibility and balance in this class. Designed to meet everyone's ability, this class is designed to increase mobility and balance for the entire body, if needed Thera bands and chairs will be used. *Bring a Yoga Mat

Yoga: can help you develop a stronger spirit, mind and body, regardless of your fitness level. Come learn basic postures, stretches, and relaxation in a stress-free atmosphere. Goals of the program are strengthening muscles, increasing flexibility, symmetry, and relaxation.

Spin & Yoga Fusion: An energizing 30 minute Spinning class with motivating music that creates a sense of community and a shared purpose to improve health and cardiovascular fitness, immediately followed by a fitness yoga class with traditional yoga postures designed to develop balance, dynamic strength and flexibility.

Zumba: A high energy, motivating Latin flavored dance party that fuses aerobic fitness with fast and slow rhythms to burn calories and tone the body. Regardless of your age or ability level, you'll leave feeling empowered, happy and energized! **ages 13+

Zumba Gold: designed with slower pacing to cater to the needs of beginners, new to Zumba, and for active older adults.

LOW INTENSITY WATER EXERCISE

Low Impact Shallow Water Aquacise

(Formerly Arthritis Aquatics and Special Needs Aqua Ex) Let the water cushion your movements in this class designed to improve joint mobility and reduce arthritis related pain with smooth, very low impact exercises and stretching. This program was originally developed by the National Arthritis Foundation in conjunction with Y-USA. Also great for people with joint replacements.

M/W/F 9:00-9:50am

Member Fee: $17.25/month* Program Participant Fee: $34.50/month*

Tu/Th 11:15am-12:00pm

Member Fee: $11.50/month*
Program Participant Fee: $23.00/month*

Re-Coup/MS

This class was developed to address the individual needs and goals of people with physical challenges in a pool environment. Individuals with MS, Fibromyalgia, mobility challenges, physical aid appliances, or who are post-rehab could benefit from this class. This class wears float belts in the deep water to help maintain proper posture and build core strength, and finish the class with stretches in the shallow water.

M/W/F 10:00-11:00am

Member Fee: $17.25/month*
Program Participant Fee: $34.50/month*

Water Walking

This shallow water class is appropriate for persons with mobility or balance challenges and joint replacements. Walking against the resistance of the water is an excellent way to build strength and endurance with virtually no impact on joints.

M/W/F 10:00-10:30am

Member Fee: $17.25/month*
Program Participant Fee: $34.50/month*

Low Impact Aquacise / Deep Water

Suspend yourself in deep water in this no-impact workout. Float belts keep participants' head and shoulders out of water and let individuals focus on balance, strength, endurance, and core muscles. This easy going workout is perfect for people who want to work against the resistance of the water. Final stretches are done in shallow end.

Tu/Th 6:15-7:00pm

Member Fee: $11.50/month*
Program Participant Fee: $23.00/month*

KSRA/Special Needs Water Walk

This class has been developed in cooperation with KSRA (Kishwaukee Special Recreation Association) and is designed specifically for people with different abilities. This class focuses on water walking and fun exercises designed to assist the participant's cardio endurance and balance, and to increase enjoyable physical activity. To receive assistance for the class participant, the registration must be completed through KSRA.

Tu/Th 1:15-2:00pm

Member Fee: $30.25/month*
Program Participant Fee: $60.50/month*

LOW INTENSITY WATER EXERCISE

Water Ballet

Shallow Water Ballet is designed for participants to safely focus on joint mobility, flexibility, balance and stamina while having fun. Ballet terminology and technique will be used to instruct proper movement
Tuesdays 7:00-7:45pm

Member Fee: $6/month*
Program Participant Fee: $12/month*

MODERATE INTENSITY WATER EXERCISE

Water Jog / Deep Water Exercise

Great exercise and a fun class – all in a fast moving non-impact water workout! Float belts are used to allow you to run in deep water and incorporate arm movements. Improve your balance, core strength, cardiovascular endurance and muscle tone using the buoyancy and resistance of the water. Final stretching exercises take place in shallow water but are no impact.

M/W/F 7:00-7:45am

Member Fee: $17.25/month*
Program Participant Fee: $34.50/month*

Tu/Th 8:40-9:25am

Member Fee: $11.50/month*
Program Participant Fee: $23.00/month*

Silver SPLASH / Shallow Water Exercise

Fun shallow water exercises set to great music improve agility and flexibility while addressing cardiovascular strength and endurance conditioning. Silver Sneakers kickboards, pool noodles, and other equipment are used to add variety and fun to the workouts. The aquatic environment cushions joints and movements in this low impact class.

M/W/F 8:00-8:50am

Member Fee: $17.25/month*
Program Participant Fee: $34.50/month*

NEW! Auto Enroll for Water Exercise

Sign up now for the entire 2017 year! Fees will be withdrawn from an account of your choice on the 1st of each month!

*Discounted monthly rates for all water classes in August & December 2017

There will be no classes the following dates for all water exercise classes:
January 2-3; May 29; July 4;
August 14-September 4; November 23-25;
December 21-31

MODERATE INTENSITY WATER EXERCISE

Senior Water Exercise (65+)

Build new friendships and a better sense of well-being. Improve your balance, strength, and coordination and keep your heart healthy. Great workout in shallow water, with a deep water option available. Ideal for all fitness levels, non-swimmers included.

M/W/F 1:05-1:55pm

Member Fee: $11.25/month*
Program Participant Fee: $34.50/month*

NEW! Auto Enroll for Water Exercise

Sign up now for the entire 2017 year! Fees will be withdrawn from an account of your choice on the 1st of each month!

*Discounted monthly rates for all water classes in August & December 2017

There will be no classes the following dates for all water exercise classes:
January 2-3; May 29; July 4;
August 14-September 4; November 23-25;
December 21-31

HIGH INTENSITY WATER EXERCISE

Aqua Zumba and Aqua Groove

It's a Zumba Pool Party! Same great music and fun as Zumba, but with the added benefit of increased resistance due to the water! This invigorating workout in the shallow water will have you laughing, splashing, and having a great time. Integrating the Zumba formula with traditional aqua fitness, this class blends it all together into a safe, challenging water based workout that's cardio-conditioning, body-toning, and a ton of fun!

Aqua Groove

Tu/Th 8:00-8:30am

Member Fee: $20.50/month*
Program Participant Fee: $45.50/month*

Aqua Zumba

Tu/Th 7:10-7:55pm

Member Fee: $20.50/month*
Program Participant Fee: $45.50/month*

Aqua Zumba

Sat 7:00-7:50am

Member Fee: $10.25/month*
Program Participant Fee: $22.75/month*

H.E.A.T. (High Energy Aquatic Training)

Burn calories and build muscle while having a great time! High energy music and moves will keep you running, kicking, boxing and more. We use both the shallow end and deep end of the pool as well as a variety of equipment to keep things exciting. Swimming skills are not necessary if you wear a float belt for deep end exercises. Join us as we turn up the HEAT in the pool! (Rec Pool)

Wed 6:15-7:00pm

Member Fee: $10.25/month*
Program Participant Fee: $22.75/month*

Sat 8:00-8:45am

Member Fee: $10.25/month*
Program Participant Fee: $22.75/month*

ADULT SPORTS AND RECREATION

Co-Ed Volleyball League (Age 18+)

Games are played on Tuesday nights at 7:15, 8:15 or 9:15pm. Teams can consist of up to 3 guys and 3 girls on the court for a total of 6 players. If you are a single player who is looking for a team to play with please stop by the YMCA front desk or register online to be placed on the interest list. Age 18 and up

League Dates;	May 2 - June 13
Tournament Date:	June 13
Registration Deadline:	May 1
Captains Meeting:	May 1 at 6:00pm (Sports Center)

Member Team Fee: $130
(50% of the players must be members to receive Member Team Fee)
Program Particpant Team Fee: $160

Non-Member Drop-In Punch Pass

These passes are valid for Adult Drop-in Soccer, Hockey and Pickleball at the Kishwaukee Family YMCA.

Non-Member Fee: $90

Adult Drop-in Soccer

Monday/Wednesday	8:00-10:00pm
Location:	Sports Center
Member Fee:	FREE
Program Participant:	$10 per visit

Adult Drop-in Wallyball

Thursdays	8:00-10:00pm
Location:	Racquetball Court 2
Member Fee:	FREE
Program Participant:	$10 per visit

Adult Drop-in Hockey

Thursday	8:00-10:00pm
Location:	Sports Center
Member Fee:	FREE
Program Participant:	$10 per visit/ $5 for goalies (Limit 4 goalies per night)

Adult Drop-In Pickleball

Pickleball is a newer sport that takes elements from badminton, tennis and ping pong. Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced competitive game for experienced players.

Mon/Wed/Fri	1:00pm-4:00pm
Location:	Sports Center
Member Fee:	FREE
Program Participant:	$10 per visit

CONTACT US 815.756.9577

Membership Staff

Rachel Hernandez | Membership Director
rhernanderz@kishymca.org

Britney Young | Membership Coordinator
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Deb Hartman | Office Manager
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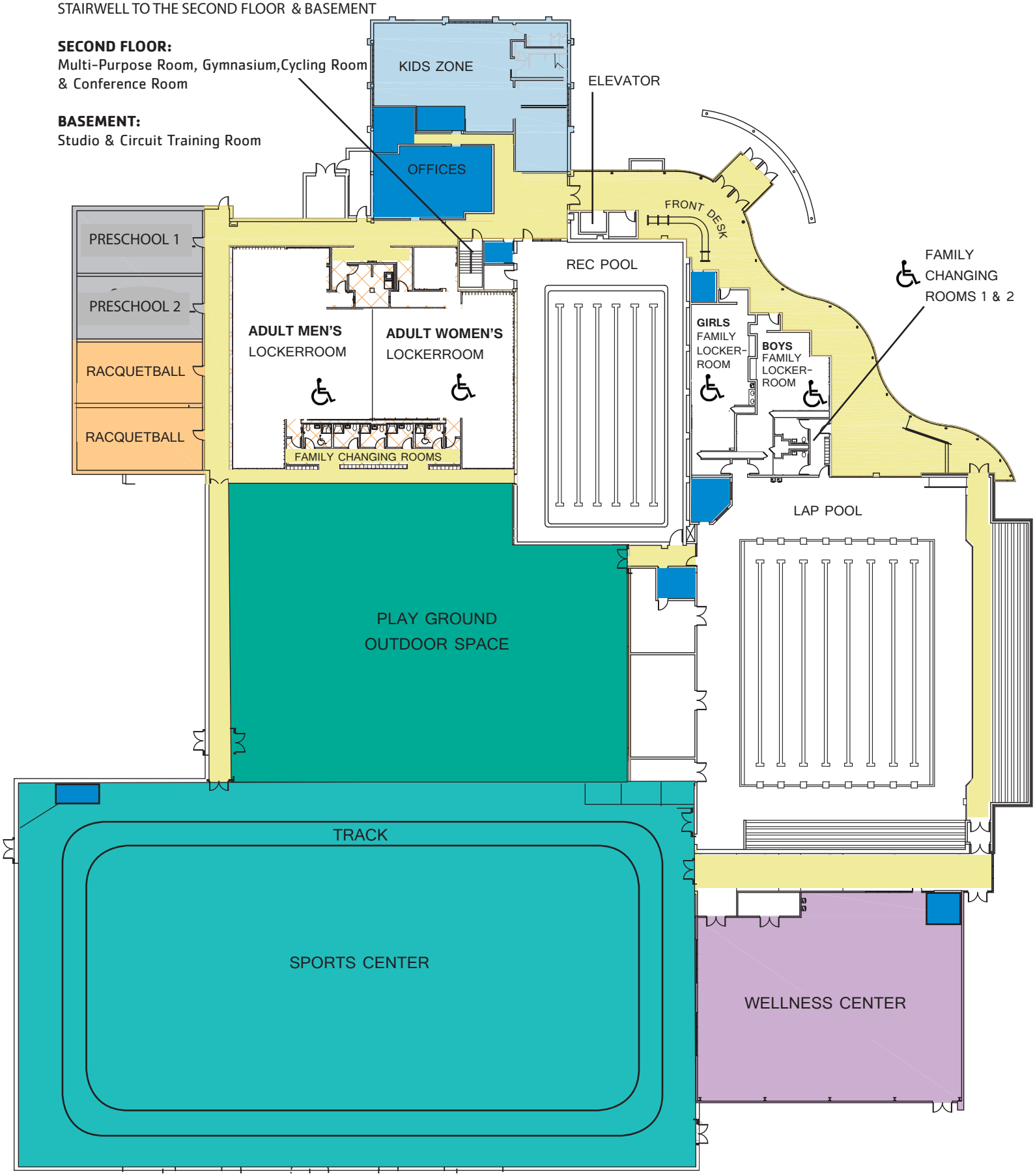
STAIRWELL TO THE SECOND FLOOR & BASEMENT

SECOND FLOOR:
Multi-Purpose Room, Gymnasium,Cycling Room
& Conference Room

BASEMENT:
Studio & Circuit Training Room



Kishwaukee Family YMCA Hours
(Tuesday after Labor Day- May 31)

M-F	5am-10pm
Sat	6am-6pm
Sun	10am-6pm

Kishwaukee Family YMCA Hours (June 1-Labor Day)

M-F	5am-9pm
Sat	6am-6pm
Sun	10am-6pm

Kid Zone/Activity Center Hours (September 5 - May 31)

Monday	8am-1:30pm and 4pm-8:00pm
Tuesday	8am-1:30pm and 4pm-8:00pm
Wednesday	8am-1:30pm and 4pm-8:00pm
Thursday	8am-1:30pm and 4pm-8:00pm
Friday	8am-1:30pm and 4pm-8:00pm
Sat	8am-12:00pm
Sunday	10am-12:00pm

HOLIDAY HOURS

CHRISTMAS EVE 2016
Kishwaukee Family YMCA: 6am-2pm

CHRISTMAS DAY 2016
Kishwaukee Family YMCA: CLOSED

NEW YEAR'S EVE 2017
Kishwaukee Family YMCA: 6am-2pm

NEW YEAR'S DAY 2017
Kishwaukee Family YMCA: 10am-6pm

EASTER SUNDAY 2017
Kishwaukee Family YMCA: CLOSED

MEMORIAL DAY 2017
Kishwaukee Family YMCA: CLOSED

4th OF JULY 2017
Kishwaukee Family YMCA: CLOSED

LABOR DAY WEEKEND 2017 (Sep. 2, 3 & 4)
Kishwaukee Family YMCA: CLOSED

THANKSGIVING 2017
Kishwaukee Family YMCA: CLOSED

YMCA Birthday Parties

We now offer pool parties!

What better way to celebrate your child's birthday than with a party at the YMCA? We offer the use of our Gym or Pool with a YMCA staff person to coordinate your chosen activities. Party times are available Saturdays and Sundays.

What Your Party Includes:
Enthusiastic staff committed to providing a fun entertaining atmosphere for your birthday celebration for up to 20 guests. Additional guests will be $3 a person. Staff will engage your guests in an energetic activity of your choice. Once the activity portion of the party is completed you will continue the celebration by enjoying your birthday treats. Staff will assist you with treats and presents. Post party cleanup will be completed by staff.

Getting Started
Reservations for birthday parties should be made at least two weeks in advance. Reservations are taken at the front desk where you will complete a registration form and make the full payment. If you should need to cancel your party, a minimum $25.00 cancellation fee will be charged. The price in full will be kept if you cancel with less than 14 days notice and we are unable to book another party in your place.

Gym Birthday Party: $125 Add a Bounce House for an additional $75 **Pool Party:** $200

If you have questions please contact Katisha Muhammad at kmuhammad@kishymca.org or 815.756.9577 ext. 19

Facility Rentals

For more information on facility rentals please contact Dave Dick, Program Executive at daved@kishymca.org or 815.756.9577 ext. 37

	Studio	Sports Center - Full Court (14,000 sq. ft)	Sports Center - Half Court (7,000 sq. ft)	Conference Room
YMCA Member Fee	$20 per hour	$75 per hour	$50 per hour	N/A
Non-Member Fee:	$30 per hour	$100 per hour	$75 per hour	N/A
After Hours YMCA Member Fee:	Not available for rent after hours	$175 per hour	Not available for rent after hours	N/A
After Hours Non-Member Fee:	Not available for rent after hours	$200 per hour	Not available for rent after hours	N/A
Non-Profit Rates	N/A	N/A	N/A	$25 per hour, $75 for half day (up to 4 hours)
For Profit Rates	N/A	N/A	N/A	$50 per hour, $175 for half day (up to 4 hours)